

Mango Berry Rotini Salad

Rating: ★★★★★

Prep time: 30 minutes

Makes: 4 Servings

Mango, berries, spinach, and feta cheese make for a colorful twist on pasta salad, with the perfect balance of sweet and tangy.

Ingredients

- 1 cup** (4 oz) whole-wheat rotini pasta, uncooked
- 1** ripe mango
- 1 cup** raspberries
- 1 cup** blueberries
- 2 cups** Fresh Baby Spinach
- 1/2 cup** reduced-fat feta cheese

For the vinaigrette:

- 3 tablespoons** extra virgin olive oil
- 2 tablespoons** raspberry vinegar
- 1 teaspoon** sugar
- 1 teaspoon** poppy seeds
- 1/4 teaspoon** salt

Directions

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
3. While rotini is cooking, cut mango into chunks, removing peel and pit.
4. Place salad ingredients in a large bowl; drizzle with



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	12 g	
Carbohydrates	65 g	22%
Dietary Fiber	14 g	56%
Saturated Fat	NA	
Sodium	400 mg	17%

MyPlate Food Groups

Fruits	1 cup
Vegetables	1/4 cup
Grains	1 ounce
Dairy	1/4 cup

vinaigrette. Toss gently.

Notes

Serving Suggestions: Serve with an 8oz glass of non-fat milk

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